

Anticoagulation Patient Acceptance of Self-Testing and Remote Interactive Monitoring

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ABSTRACT

Background: Most patients requiring chronic anticoagulation are followed in a "Coumadin® Clinic", which reviews International Normalized Ratio (INR), adjusts dose, and recommends repeat blood test intervals. Blood for INR is generally drawn by a laboratory facility and follow-up of results and patient condition is often by telephone.

Methods and Results: This is a single-center, prospective, randomized outcome study of use by anticoagulation patients of patient self-testing (PST) and of remote surveillance of patient condition daily using a web-based, programmable device connected to the participant's home telephone. The applicability of each of these systems, and the acceptance of the technology by patients in this group, generally elderly patients with co-morbid conditions, is initially assessed. Outcomes include the identification of the portion of the patient population that accepts and is able to perform PST or remote monitoring, and identification of reasons why the screened population will or will not attempt to use them. Difficulties encountered in deploying the technologies are discussed.

Conclusions: This study evaluates willingness and ability of typical anticoagulation patients to self-test INR and relay their condition daily with an interactive device. It identifies the segment of this population who can and will safely use these technologies.